

September 2003
Issue 7

USASOC, Family Readiness
www.soc.mil

Inside this Issue

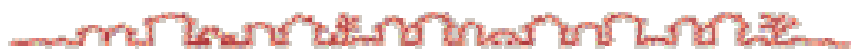
- 1 Army Family Action Plan
Conference 2003
- 2 On-line Resource on Military
Benefits
Army Family Team Building
News
- 3 DHL and Chamber of
Commerce Support Troops
GI Bill Benefits Expanded
- 4 Teen Volunteers
- 5 Family Advocacy Program
Brochure
Theme for the 2003 Domestic
Violence Prevention Month
Eight Annual FAP Conference
- 6 Recognizing Dedication and
Service
Family News
- 7 SF Says Good Bye
A Warm Welcome
New to Fort Bragg
Submit Articles
SGLI Premiums Come Down
Scheduling TRICARE
Appointment On-line
Words of Wisdom
TRICARE Call Center
Military Scholarship \$
Entrepreneurship & Benefits
Improvement Act
- 8

Mark Your Calendar
Military One Source
HQ, USASOC
1 Desert Storm Drive,
Bldg E-2929
Fort Bragg, NC 28310

**USASOC, FAMILY
READINESS**



USASOC FAMILY NEWS



Army Family Action Plan Conference 2003



The USASOC hosted its annual Army Family Action Plan (AFAP) Conference on 23-24 June 2003 at the Radisson Prince Charles Hotel. Ms. Veronica Thomas from the Department of Army (DA), U.S. Army Community and Family Support Center (CFSC), AFAP, briefed on how important and valuable the AFAP program is to the Army. Ms. Thomas also provided facilitator, recorder, issue support, transcriber (FRTI) training, and was there to offer assistance to USASOC AFAP groups concerning issues.

The Top 6 Critical Active Issues were:

1. Distribution of Montgomery GI Bill Benefits
2. In-State College Tuition
3. Active-duty Spouse Tuition/Education Assistance
4. Inadequate Support of Family Readiness Groups
5. TRICARE Referrals and Authorization Process
6. Extension of Temporary Lodging Expense



The Top 5 USASOC Issues for the Report Out were as follows:

1. Education Protection for Activated USAR Soldiers
2. Proficiency Pay for Jump Masters (JM), Military Free Fall-JM and Dive Supervisor
3. Degree Completion for Senior NCOs on Army Time
4. Paid Unit Family Readiness Coordinator

5. Soldier and Sailor Relief Act (SSRA) Debt Relief for Mobilized Reservists

5. Designating EFMP Case Managers

** (Last two issues tied for 5th place.)



There are 18 MACOM issues that will be maintained locally for resolution. These issues will be monitored and posted on the USASOC Family Readiness website. Another 13 issues have been submitted to DA, AFAP to be included in the upcoming HQDA AFAP Conference, 17-21 November 03. Those issues will also be posted on the website and tracked.

USASOC's First Lady ended the conference by thanking everyone and presented appreciation plaques to inspiring teens that helped with the AFAP conference: Maya Marshall, Jaclyn Kocher, Shantelle Willard.

A big thanks goes out to EVERYONE who contributed to the success of this year's AFAP. Next year will be even more challenging as we work issues that enhance the Army's future.



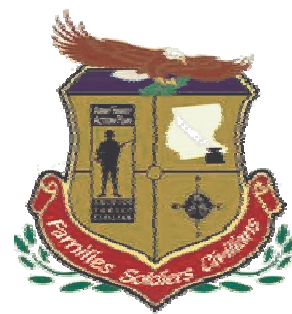
Keep in mind; the AFAP is a year-round program in which you can submit issues throughout the year. The AFAP Coordinator is dedicated to ensuring that all your issues will be supported.

Call 432-4040 or email barefoot@soc.mil if you have questions about AFAP.

Online Resource on Military Benefits

Military.com

The recently launched Militarybenefits.com Website is an all-inclusive insider guide to military benefits, and includes both general overviews on major benefits topics as well as in-depth explanations of specific benefits. From pay to the GI Bill, from VA home loans to health care, your military service has earned you valuable benefits, whether you're active duty, Reservist, a veteran, or a retiree. The Militarybenefits.com site features everything you need, and also includes useful community and reference links. Bookmark the site <http://www.militarybenefits.com>, and use it as a one-stop resource.



Army Family Team Building News

The Department of Army (DA), U.S. Army Community and Family Support Center (CFSC), Family Programs Directorate, hosted an Army Family Team Building (AFTB) Program Managers Course (PMC) in Albuquerque, New Mexico, 3-8 August 2003.

Over 100 Program Managers (PMs) and Volunteer Program Managers came from Germany, Korea, Hawaii, and throughout the United States.

The AFTB Core Trainers did an incredible job in presenting the AFTB material to the PMs, building personal leadership skills, and enhancing knowledge of AFTB program requirements. The training was informative and the PMs were enthusiastic about learning. By the end of the week, PMs discovered ways to not only grow professionally, but personally.

Congratulations to our two Family Programs Specialists and two of our Volunteer Program Managers in receiving their AFTB Program Manager's certification.

Currently, the USASOC, Family Readiness, AFTB Program

Manager is working on an AFTB advisory committee, training schedules for DA sponsored AFTB classes, and assessing the overall spec open program. The FY04 AFTB training calendar for AFTB Master Trainers, Program Managers, and Core Trainers will be posted on the USASOC, Family Readiness website.

USASOC is committed to orchestrating and coordinating with subordinate commands and units to fully implement the AFTB program command-wide. The AFTB program is a premiere Army training program of excellence. Please call 432-4040 or email barefoor@soc.mil if you have questions or are interested in AFTB.

Reunion Strategies...

- **Talk with your spouse – keep lines of communication open**
- **Talk with your children**
- **Practice reversing roles**
- **Make the homecoming special**
- **Don't solve problems immediately**
- **Don't expect things to be perfect or the same**
- **Allow several weeks for "decompression"**
- **Expect role and personal changes**
- **Re-budget and think before you spend**
- **Go slow! All change is stressful even positive change**

Taken from the Redeployment Resource Manual of Fort Riley, Kansas



Family members from the U.S. Army Special Operations Command stationed on Fort Bragg shipped care packages to their loved ones deployed to Iraq and Afghanistan on 12 August 2003. DHL, the largest overseas shipping company in the world, with the assistance of the Fayetteville, NC Chamber of Commerce (Military Affairs Council), coordinated the pick up of care packages.



The company wanted to support deployed American troops. DHL provided the opportunity for 300 Special Forces family members to ship 10 pound care packages to soldiers. The family members seized the opportunity to ship Girl Scout Cookies, garbage bags, and personal items to soldiers. The Chamber of Commerce, Fayetteville, NC, Military Affairs Council had donuts and coffee available for

all participants. DHL supplied the trucks, manpower, and planes to ship the packages. The Eutaw Conference Center supplied the facility for the families and DHL to come together.

DHL plans on offering future opportunities to family members of Army Special Operations soldiers who are stationed at Fort Lewis, WA and Fort Campbell, KY.

GI Bill Benefits Expanded

Military.com

The GI Bill has recently added a new benefit in which accelerated payments can be made to those who are currently on active duty and in an education program leading to employment in high technology. You are eligible if you are charged tuition and fees such that, when divided by the number of months in the enrollment period, the monthly amount exceeds an amount equal to 200 percent of the monthly rate otherwise payable. The total amount of payment will be the lesser of 60 percent of program costs, or the total amount of education assistance to which the person has entitlement at the time of payment. This lump sum would be deducted from your remaining MGIB-Active Duty Entitlement when you become a veteran, and is effective as of October 1, 2002.





Teen Volunteers

Adults often accuse teenagers of being lazy, self-centered, and lackadaisical. The U.S. Army Special Operations Command (USASOC), Family Readiness Program, is proud to highlight three teenagers who demonstrate the true meaning of volunteerism.

The command has utilized teenagers during its annual conferences since 1996. Teenage volunteers have assisted with a variety of duties to include: developing databases for conference registrants, mailing and faxing information to conference attendees, assisting in various manual labor tasks such as stuffing tote bags and by serving as delegates. This was the first year teenagers were used as part of the Army Family Action Plan Conference (AFAP) management team.

Three teenagers assisted with the USASOC 2003 AFAP Conference. Two volunteers helped inventory, organize, and sort conference materials prior to, during, and after the conference. One volunteer worked the registration table and

served as a runner during the conference, and two served as transcribers. Using teenagers on the management team as transcribers allowed those who have served in other capacities an opportunity to grow and expand their AFAP experiences.

These teenagers brought a plethora of positive characteristics to the conference experience, smiling faces, intelligence, and innovativeness. The command profited from their high energy level and computer savvy. The most awesome characteristic of these teenagers is their eagerness to make a difference. They were not recruited. They volunteered to help.

The following is a synopsis of their volunteer experiences:

Jaelyn Kocher, 15 years old, E.E. Smith H.S. freshman, Jr. Varsity Cheerleader, Varsity Soccer Player. Provides free childcare to E-5s and below to attend AFTB training, FRG meetings, and respite care for couples. Assisted with FRG, AFTB, Red Cross, and Sunday school fundraisers, Sunday School Teacher, Catholic Youth Course's Youth Group, and Altar Server. Worked as office assistance for AFTB program and helped develop AFTB classes for teenagers. AFAP delegate Teen Volunteers.

Maya Marshall, 17 years old, Pine Forest H.S. senior, Special Assistant to the Lewis Chapel Youth Minister. Assisted with family events and school activities at Howard Hall

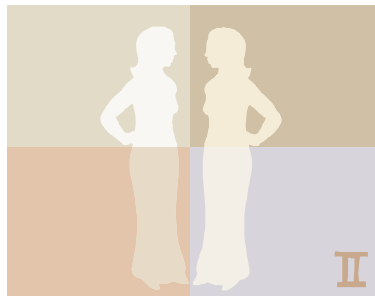
Elementary School, member of the Youth Program at two local churches, participant in the Fayetteville State University sponsored educational enhancement program. Selected to attend the Duke University Summer Youth Academy.

Shantelle Willard, 17 years old, 71st H.S. senior, Marching Falcons Color Guard, and band booster volunteer. First Hood Memorial AME Zion Junior Steward Board member, WIDU radio station disc jockey, Family Readiness office volunteer. Member of Spanish Language Club S.A.V.E., Club member, former JROTC Drill Team member (2 years), 71st H.S. Orchestra member, member of FBLA. Achieved highest fundraiser distinction, academic tutor, and AFAP delegate

The parents of these three young ladies deserve a round of applause for supporting their positive efforts.



ANNOUNCING THE AVAILABILITY OF A NEW USASOC FAMILY ADVOCACY PROGRAM BROCHURE



This tricolor document contains relevant information on the dynamics of domestic violence and child abuse. It also offers information on the USASOC strategy for Family Violence Prevention. This strategy consists of a three-prong approach: Commander Education, Troop Education, and Community Education.

Copies of this brochure are also available at the web site:
Familyadvocacy@soc.mil

**THEME FOR THE 2003
Domestic Violence
Prevention Month
October 2003**

**DOMESTIC VIOLENCE
PREVENTION:** *Make
Changes that Strengthen
Families and Relationships.*

Slogan: *Strong Families
and Relationships: Right
attitude and Right Action*



THE EIGHTH ANNUAL USASOC FAMILY ADVOCACY TRAINING CONFERENCE

“Cultivating a Safe Community Through Awareness and Education,” was the theme for the USASOC Family Advocacy Training Conference which was held August 4-5, 2003. This well-attended training conference was held at the Holiday Inn Bordeaux, Fayetteville, North Carolina.

The purpose of the conference was to enhance mission readiness and to strengthen soldiers and families through applicable training and education on child and spouse abuse prevention.

The attendees for this groundbreaking conference included military leaders and their families, Family Readiness/Support Liaison, chaplains, training representatives, host installation Family Advocacy Program managers and directors. Managers from local community organizations such as the Social Work Services, Rape Crisis Center, District Attorney's Office, Sheriff's Office, CARE

Center, and public school representatives also attended.

Military attendees for this conference were expected to return to their units and brief other unit members on the instruction and materials that were presented at the conference.

This two-day conference offered participants the opportunity to address relevant family advocacy issues such as: Domestic Violence, Deployment, Child Abuse Prevention, Teens/Dating Violence and Abuse Issues, Family Advocacy and the Law, Multicultural Issues and Domestic Violence, Prevention Resources, and a chaplain-led component entitled, Building Strong and Ready Families.

Conference attendees also participated in a mock Case Review Committee (CRC). This committee is usually comprised of a multidisciplinary team that includes the following: Command representatives, social workers, psychiatrist, chaplain, Family Advocacy representative, and representatives from local service agencies. The purpose of the CRC is to review any child abuse or spouse abuse case involving military members and their families and to make recommendations regarding treatment and services. Conference attendees were afforded a firsthand look at this process.





Non-Active Reservists Won't Receive TRICARE

Military.com

Although a majority of senators voted in favor of a bill on July 16th to expand full health coverage to the National Guard and Reserve, the plan will go no further this year. Lindsey Graham, South Carolina Senator and sponsor of the bill, stated the issue will be studied for another year. The required study is a result of a compromise between the Senate and Pentagon officials; the latter opposed the plan and said they would recommend a presidential veto, if the 2004 defense authorization bill included the health-care provision. The study will examine the possible options and costs involved with increasing health care coverage to reservists and their families. The Pentagon claims that expansion of coverage would cost about \$5.1 billion a year to provide health care to Guard and Reserve members who are not mobilized, resulting in the loss of other programs. Senator Graham estimates that the initiative would cost about \$3.2 billion a year. The issue is expected to be readdressed in the 2005 defense budget.

RECOGNIZING DEDICATION AND SERVICE: VOLUNTEERS AT WORK IN THE ARMY COMMUNITY

Letter 9/Volunteer News

Celebrating the service of all the volunteers within the Army community should be an ongoing process—not just reserved for National Volunteer Week or recognition ceremonies. Being told that what one does is valuable and can “make the day” of any volunteer! “I don’t volunteer to get an award or be noticed,” a long-time volunteer told me. “I think I volunteer because I’m needed—and I keep volunteering because I feel appreciated. Being thanked once in a while is a great incentive for me.” **Still, there is a good deal to be said for formal recognition ceremonies and award programs.** The public awareness generated by such events is invaluable for garnering command sponsorship, generating community support, and recruiting new volunteers.



Creating opportunities to highlight the work of individual volunteers or specific programs can be part of a public relations campaign that, by increasing community awareness of the many contributions of volunteers, will enhance and sustain the spirit of

volunteerism within our Army communities.

Connecting local volunteer initiatives with national programs is one way to increase visibility.

■ Take advantage of special days—such as “Make a Difference Day”—to celebrate ongoing programs and develop special events that may draw out people who don’t usually volunteer.

■ Nominate outstanding volunteers and programs for national recognition. Creating a strong nomination packet will increase chances of winning—but one can even celebrate the fact of being nominated; both offer good PR opportunities!

USASOC FAMILY NEWS

This newsletter contains official and unofficial information and is published in support of command Family Readiness Group activities. The USASOC Family Newsletter is published quarterly. Its contents do not necessarily reflect the official view of the Department of the Army or this command.

Items for publication should be forwarded to: USASOC, AOPE-FR Program Assistant or Family Program Specialist, Fort Bragg, North Carolina 28310.

*Phone numbers are:
(910) 432-9203 or 2093; DSN
239-9203/2093; or
800-525-6846 ext 2-9203/2093*

Special Forces Command Says Good bye to Commander and Family



July 9, 2003 was an emotional day for the Special Forces Command as the commander and his family said goodbye at a BBQ held in their honor. As the Commanding General since 9-11, he has had to deploy the most Special Forces Soldiers in history. He and his wife have been instrumental to the command; whether it has been commanding troops or making sure the family members were taken care of, the two together make an extraordinary command team and will be greatly missed.

Other Command Farewells:

G1: LTC & Mrs. Jim Rosenberry
G2: LTC & Mrs. Byron Castleman
SGM & Mrs. Timmy Andrews
G3: LTC & Mrs. Tim Slemp
G3 OPS: LTC & Mrs. Sung Lee
G4: CW5 & Mrs. Rickie McIntyre
G6: MAJ & Mrs. Ivester
SJA: LTC & Mr. Bedard
Chaplain: LTC & Mrs. Curt Heydt

FRG Leader: Mrs. Jennifer Perez

"A Warm Welcome"



Please extend a warm welcome to the new Commander of the United States Army Special Forces Command (Airborne). He assumed command on July 16, 2003.

Other Command Welcomes:

G1: MAJ(P) & Mrs. Steve Thomas
G2: MAJ & Mrs. Tony Martin
SGM & Mrs. McLean
G3: LTC & Mrs. Ed Reeder
G3 OPS: LTC & Mrs. Dale Hudson
G6: MAJ & Mrs. Joe Tragakis
SJA: LTC & Mrs. Michael Hargis
Chaplain: LTC Steve Berry

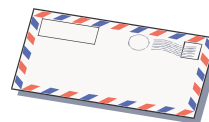
**The Special Forces
Community would like
to welcome C/3/7 to
Fort Bragg**

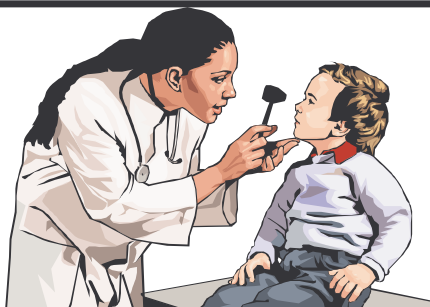
Due to the closure of Navy Base Roosevelt Roads, C/3/7 will join the 7th Special Forces Group (Airborne).



As of July 1, 2003, the Department of Veterans Affairs will reduce the premiums for Service members' Group Life Insurance (SGLI). The monthly rate will be reduced from 8 cents per \$1,000 of coverage to 6.5 cents. Monthly premiums for the maximum \$250,000 of coverage will be reduced from \$20 to \$16.25. This reduction does not affect Veterans' Group Life Insurance rates.

Help us share the most current information available. If your unit has innovative programs, projects being developed, or old program ideas that are working and you would like to share, submit articles by the 27th of each month to:
Headquarters, USASOC, AOPE-FR, Program Assistant, Fort Bragg, NC 28310.
Submitted articles may be included in an upcoming newsletter.





Scheduling TRICARE Appointments Through The Internet

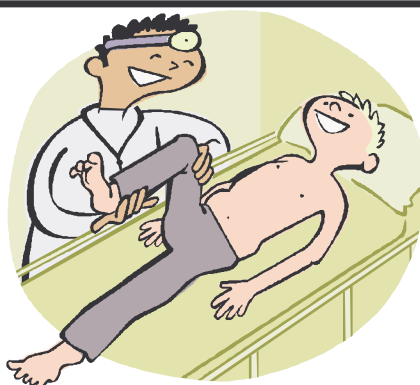
Military.com

Stars and Stripes reports that service members in the Tricare Prime health program now can schedule appointments with their health-care providers via the Internet. [TRICARE Online](#) allows patients to browse a 30- to 40- day calendar showing open slots, and then schedule their own appointment. The new Web site offers more flexibility than making an appointment over the phone. Users can also create a journal to store medical history, care instructions and prescription information. There is no cost for using the TRICARE Prime Website; however, it is only available to service members and their dependents enrolled in TRICARE Prime.

Words of Wisdom

"The best thing about the future is that it only comes one day at a time".

Abraham Lincoln



TRICARE Call Center Has New Hours

Military.com

Effective July 1, 2003, the TRICARE Information Call Center (TIC) will have new hours of operation. The new hours are: Monday through Friday, 8 a.m. to 8 p.m., Eastern Daylight Time (excluding federal holidays). TRICARE Management Activity National Toll-Free Numbers are:

TRICARE Prime Remote (TPR): 1-888-DoD-CARE (1-888-363-2273)

Senior Pharmacy Program: 1-877-DoD-MEDS (1-877-363-6337)

TRICARE For Life: 1-888-DoD-LIFE (1-888-363-5433)

TRICARE Online: 1-866-DoD-EWEB (1-866-363-3932)

HIPAA 1-888-DoD-HIPA (1-888-363-4472)



Military Scholarship Money Available

Military.com

Each year, over \$300 million dollars of scholarship money is available for military personnel, veterans and their dependents. If you are pursuing a degree or certificate, scholarships are a good way to supplement GI Bill and Tuition Assistance payments. You can use scholarships to help pay for tuition and books at most educational institutions, including online coursework. Visit [Military.com](#) for more information.

Entrepreneurship And Benefits Improvement Act Passed

Military.com

The House of Representatives has voted for legislation (H.R. 1460) to provide federal support for disabled veterans to create, manage, and grow their own small businesses. Sponsored by Congressman Rick Renzi (AZ), a member of the Committee on Veterans' Affairs, the Veterans Entrepreneurship and Benefits Improvement Act would allow the use of "sole-source" contracting authority and

establish a contracting priority for disabled veteran-owned businesses. Specifically, the bill:

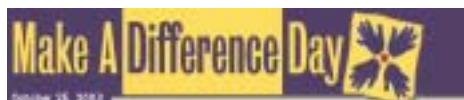
- ✦ Authorizes the use of VA education benefits to pay for non-degree, non-credit entrepreneurship courses for eligible veterans at approved institutions.
- ✦ Provides federal agencies discretionary authority to create "sole-source" contracts for disabled veteran-owned and controlled small businesses, and restrict certain contracts to disabled veteran-owned and controlled small businesses if at least two such concerns are qualified to bid on the contract.
- ✦ Extends the VA's specially adapted housing grant to severely disabled service members prior to separation from active duty service.
- ✦ Reinstate the Affairs' vendee loan program.
- ✦ Repeal current law restricting a surviving spouse or dependent children to receiving no more than two years of accrued benefits if the veteran dies while a claim for VA periodic monetary benefits is being processed.

Having passed the House unanimously, H.R. 1460 now moves to the Senate for their consideration and approval.



Mark Your Calendar Upcoming USASOC Events...

✦ October 2003-Domestic Violence Prevention Month



✦ Let's join other American's nationwide on 25 Oct 03 for a "National Day of Doing Good". Let's make a difference.

✦ November 2003- Military Family Month

✦ November 22, 2003-National Military Family Day



I Didn't Know Military One Source Could Help with That!

You know that you can turn to Military One Source, formally known as LifeWorks, for help with a wide range of questions and issues, but you may not know all of the ways that Military One Source can help. Did you know we can help you research a new car purchase or help you find ways to keep in

touch with your friends? Military One Source offers a wide range of Life Articles you can read or download on topics including

- ☑ *Tips on Purchasing a New Car*
- ☑ *Relaxation*
- ☑ *Managing your Credit Card*
- ☑ *Keeping in Touch with Friends*
- ☑ *Ten Tips for Better Web Searching*
- ☑ *Internet Addiction*
- ☑ *Weight Management*

You may be surprised at the ways we can help! Just go to www.militaryonesource.com and click on "This Month's Feature" or call LifeWorks:

From the United States:

800-655-4545

From outside the United States (where available): (the extra number is correct and will only work outside of the U.S.)

800-237-42374

Military One Source is brought to you by the Department of Defense, at no cost to you. And best of all, it's here for you—any time of day, wherever you are. So get in touch with us today. We have consultants who speak Spanish and offer simultaneous translation into more than 140 other languages. TTY/TDD and accessibility Web site also available.

Online:

www.militaryonesource.com

User ID: military

Password: onesource

En español, llame al 888-732-9020

TTY/TTD: 800-346-9188